



The Journal

Vol. 27

No. 30

www.cnmc.navy.mil/bethesda/

July 30, 2015

NSAB Holds Change of Command Ceremony

By Andrew
Damstedt

NSAB Public Affairs
staff writer

Capt. Marvin L. Jones relieved Capt. David A. Bitonti as commanding officer of Naval Support Activity Bethesda (NSAB) during a change of command ceremony on the installation July 22, which also doubled as Bitonti's retirement ceremony.

"The eyes of the nation have been focused on this installation as it has undergone Base Realignment and Closure and a major transition to a state-of-the-art military medical complex," said Jones to Bitonti during his remarks as NSAB's new commanding officer. "Through your leadership and strategic vision this installation fosters an environment that enables patients to heal, employees to thrive and guests to feel at home. I'm most fortunate to follow in your footsteps as its next commanding officer and assure you that the Command will continue to build on the legacy and foundations that you've laid."

Bitonti retired during the ceremony after a 30-year career in the Navy. He assumed command of NSAB in September 2013.

Guest speaker Vice Adm. Matthew L. Nathan, 37th Surgeon General of the Navy, Chief of the Navy's Bureau of Medicine and Surgery and senior of-



Photo by MC3 Hank Gettys

Capt. Marvin L. Jones (left) relieves Capt. David A. Bitonti as Naval Support Activity Bethesda (NSAB) commanding officer during a change-of-command ceremony in Walter Reed National Military Medical Center's Memorial Auditorium aboard NSAB.

ficer present during the ceremony, said Bitonti's congenial and approachable manner, and attention to detail have helped him serve the Navy well in being an ambassador for this "heroic institution."

"What I've been most impressed with [Bitonti] is the way he maintains his attention to detail," Nathan said. "He understands everything going on and he

maintains situational awareness and yet he understands the importance of the human touch."

Nathan highlighted a few of Bitonti's accomplishments during his time as NSAB's commanding officer, including Bitonti's backing of a pet animal therapy program on the base and advocating for Wounded Warriors.

"He's always been

very responsive to the Wounded Warrior issues to the logistical issues that come with a base that supports the flagship medical center of the United States," Nathan said.

Bitonti said he originally joined the Navy 30 years ago, thinking it would be for just three years.

"I hope in some measure, I have been able to give back to the

Navy what the Navy has given to me and my family," Bitonti said. "It has been a great ride full of wonderful and fond memories and I appreciate it."

The ceremony was held in Walter Reed National Military Medical Center's Memorial Auditorium aboard NSAB where Bitonti was also awarded the Legion of Merit. Rear Adm. Yancy B. Lindsey, the 89th

Commandant of Naval District Washington, was the hosting officer.

Jones, a native of Chicago, is a Medical Service Corps officer and reports from a tour as commanding officer of Naval Health Clinic Charleston, S.C. Jones has also served as executive officer for Naval Health Clinic Quantico, Va., Uniformed Services University of the Health Sciences assistant commandant of the School of Medicine, and was the officer in charge at the Naval Branch Health Clinic in Key West, Fla., among other positions. In 2008, he was deployed to Expeditionary Medical Facility Kuwait as director for administration for a 374-member forward deployed Level III medical treatment facility in support of Operation Iraqi Freedom/Operation Enduring Freedom.

Jones said he wants to continue the reputation of excellence that NSAB has established.

"As I've been throughout the campus, I've been overwhelmed by the praise and compliments and positive feedback I've received on your accomplishments," Jones said. "As we step to the next chapter together, I look forward to leading you and continuing to provide you customer-focused management and base operations support to our tenants in their pursuit of excellence, partnering with them in healing, wellness, research and education."

NSAB Police Chief's Column

National Night Out – A Community Effort

Many may think that crime prevention or “community policing” got started in 1981 with the development of the National Association of Town Watch (NATW). In actuality, you can trace the concept back to the Imperial period of the Roman Empire and the establishment of the Praetorian Guard, which was comprised largely of Roman legionnaires, used to protect the Emperor. The Emperor would see fit to appoint a Praefectus Urbi, loosely translated as “urban prefect”; the prefect had the duty of publishing the laws promulgated by the Emperor, and as such acquired a legal jurisdiction. This extended to legal cases between slaves and their masters, patrons and their freedmen, and over sons who had violated the pietas (in Roman religion, personification of a respectful and faithful attachment to gods, country, and relatives, especially parents). Even though the idea then was abstract, referencing crime prevention, the conceptual foundation remains relevant today.

In 1984, the first National Night Out was celebrated. Its purpose was to bond neighbors and communities together, starting a dialogue, while creating resources that shape how we protect our children’s neighborhoods and keep our families safe.

August 4, Naval Support Activity Bethesda (NSAB) will join with local police, fire and emergency services and the USO to host NSAB’s inaugu-

ral National Night Out event. The event will be held at the USO from 11 a.m. until 2 p.m., and there will be games, demonstrations and free food from local Bethesda restaurants. Everyone with base access is welcome.

National Night Out enhances the relationship between neighborhoods and law enforcement, while bringing back a true sense of community and provides a great opportunity to bring police and neighbors together under positive circumstances. These positive circumstances are sorely needed given the recent handful of negative situations spread throughout the nation. National Night Out is an annual event held on the first Tuesday in August; Neighbors celebrate in more than 16,000 communities from all fifty states, U.S. territories, Canadian cities and military bases worldwide.

For the past 16 years, I have been fortunate enough to serve as a military reservist, a firefighter, a medic and law enforcement officer. Each line of work is equally important, and all fall under the umbrella of public safety. I enjoy serving the community, which is at the heart of being in emergency services. For me, National Night Out sets the standard for ALL public safety, not just law enforcement, working together to reach our local communities to educate, to get involved, and to serve.

So what can we here at



D.C. Stanton Jr.
NSAB Police Chief

NSAB do to help? Staying involved is the best way to help, being vigilant throughout the installation and reporting suspicious or questionable activity. Don’t be afraid to say something, it could make all the difference in the world. Don’t wait until there’s an emergency to become acquainted with the installation emergency response teams. Go to the fire and police stations, visit and have a conversation with the personnel. Learn, know, and follow all the installation and tenant command emergency procedures for active shooter, emergency weather conditions, and emergency alarm activations.

If we all stay vigilant on NSAB during our daily routines, speak up if we see something suspicious, get to know our installation emergency response teams and what we can do to help, and learn and follow emergency procedures for various situations, we can ensure that we maintain a safe environment for everyone.

I’ll see you all at National Night Out on Aug. 4 at the USO from 11 a.m. until 4 p.m.!

Bethesda Notebook

Pain Care Training Deadline July 31

Deadline is July 31 to register for the 5th Annual Pain Care Skill Training taking place Sept. 15-17 at Walter Reed National Military Medical Center. For more information and registration, contact Ron Madison at ronald.d.madison.mil@mail.mil, or Adrienne Carlisle at adrienne.c.carlisle.ctr@mail.mil.

“Cancer 101” Program

The cancer support group’s quarterly guest speaker program will be Aug. 6 from 7 to 8:30 p.m. Dr. Stephen Lewis, radiation oncologist at Walter Reed National Military Medical Center (WRNMMC), will discuss “Cancer 101: Understanding Emerging Therapies in 2015.” The presentation will be at WRNMMC in the America Building, second floor, Room 2525. It will also be shown at Fort Belvoir Community Hospital via video teleconference (in the Oaks Pavilion, first floor, Room 332). Military ID required for base access to Walter Reed. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918.

Café 8901, Eggs

Despite a nationwide egg shortage because of the avian flu virus, Café 8901, the hospital’s main dining facility at Walter Reed National Military Medical Center (WRNMMC), will continue to serve its customers without any disruptions in regular service, if possible. For information about eggs and the virus, visit www.usda.gov, and click on the link “Avian Influenza” on the homepage under “Popular Topics.” For Café 8901 customer comments, contact Capt. Michael Noyes at 301-319-8135.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher’s advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones	NSAB Ombudsman	
Public Affairs Officer: Ronald D. Inman	Michelle Herrera	240-370-5421
Public Affairs Office: 301-295-1803		
	NSAB Chaplain's Office	301-319-4443/4706
	Sexual Assault Response Coordinator Hotline	301-442-2053
Journal Staff		
Managing Editor	MC3 Hank Gettys	
WRNMMC Editor	Bernard Little	
Staff Writers	MC1 Christopher Krucke	
	Andrew Damstedt	
	Sarah Marshall	
	Sharon Renee Taylor	
	Joseph Nieves	
NSA Bethesda		
Fleet And Family Support Center	301-319-4087	
Walter Reed National Military Medical Center		
Office of Media Relations	301-295-5727	
NSAB Emergency Information Line	301-295-6246	

Visit us on Facebook:
Naval Support Activity Bethesda page:
<https://www.facebook.com/NSABethesda>
Walter Reed National Medical Center page:
<http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107>
Uniformed Services University of the Health Sciences page:
<http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts>

USPHS Celebrates 126 Years

By Sharon Renee Taylor
WRNMMC Public Affairs Staff Writer

Walter Reed National Military Medical Center (WRNMMC) recognized the men and women who serve on the front lines of the nation's public health by celebrating the birthday of the Commissioned Corps of the U.S. Public Health Service (USPHS).

The country's flagship military treatment facility held a special formation at morning colors in front of The Tower, Building 1, July 16—exactly 126 years after an act of Congress established and formalized the Commissioned Corps as the uniformed services component of the Marine Hospital Service.

The history of the USPHS spans more than a century before the act of Congress that formalized the corps. On July 16, 1798, the fifth Congress passed an act, signed by President John Adams, to establish an organization to "provide temporary relief and maintenance of sick and disabled seamen."

Over the next 200 years, the organization helped establish the first marine hospitals, accepted the task of controlling

epidemic disease such as smallpox and yellow fever in 1878, and played a major role in fulfilling the commitment to prevent disease from entering the U.S. in 1902. The USPHS investigated diseases such as tuberculosis, hookworm, malaria and leprosy, and established what would later become the Centers for Disease Control and Prevention in 1936.

The Public Health Service released a landmark report that linked lung cancer and chronic bronchitis to cigarette smoke in 1964. USPHS Surgeon General Dr. C. Everett Koop became the chief federal spokesperson on AIDS, and in 1986 wrote the book "Understanding AIDS." The free publication was sent to all 107 million households in the U.S.

"I believe that our Public Health Service has prevented more disease and injury than Army, Navy, [and] Air Force Medicine have treated, combined," said Walter Reed National Military Medical Center Director Army Maj. Gen. (Dr.) Jeffrey Clark, at the birthday celebration.

Fifteen USPHS Commissioned officers serve at WRNMMC in positions such as social workers, therapists, and nurses.

More than 6,500 health professionals serve in the USPHS, with the mission to protect, promote, and advance the health and safety of the nation. The Commissioned Corps work at more than 20 federal departments or agencies, and deploy nationally in support of public health responses to man-made and natural disasters like Hurricanes Katrina, Rita and Sandy, along with tragedies such as the Sandy Hook Elementary shooting, and a surge in teenage suicides in the Native American Community in and around Fort Thomson, S.D.

One of those who deployed to both Katrina and the teenage suicides in South Dakota is USPHS Capt. Stacey Williams, Ph.D., a pediatric psychologist at WRNMMC. She was attending a department Christmas party on Dec. 14, 2012 when she was notified that her team would deploy in response to the school shooting at Sandy Hook. She arrived in Connecticut at 9 that evening and spent the next two weeks helping the effort there.

Prior to her commission in the USPHS, Williams served in the Army 11 years, achieving the rank of major. Her hus-



Photo by Sharon Renee Taylor

U.S. Public Health Service (USPHS) Capt. Stacey Williams, Ph.D., and Capt. Dwayne Buckingham, Ph.D., salute amidst a sea of Sailors, Soldiers, Airmen, Civilians and other USPHS officers in a special early morning formation on July 16, the birthday of the Commissioned Corps of USPHS.

band, also an Army officer, deployed to Afghanistan and Iraq at the start of the war.

"There was really going to be nobody home, so I decided I wanted to serve my country, but I needed to stabilize our family," Williams explained. She said she decided to transfer her commission to the USPHS to continue her work with military dependents.

Rear Adm. Peter Delaney, director of the Center for Behavioral Health Statistics and Quality, began his career with the USPHS. He served as keynote speaker during

the special morning formation. Delaney said it was an honor to be a part of the seven uniformed services. He indicated that although USPHS and the military medical services have done a lot to support both the ill and those in recovery, the momentum can't be lost.

"We can't let up," said the licensed clinical social worker whose career with the USPHS spans 30 years.

Delaney explained the symbiotic relationship between the USPHS and the military medical services.

"Throughout history

we worked pretty seamlessly, especially in war. People probably don't know that we had probably 150 officers tour through Afghanistan and Iraq, and through other missions across the world, so we're not just a [Continental United States] service, we do a lot of work [outside of the United States].

"I think that the brotherhood and the sisterhood of the services are critical for the way we have to operate in the United States. We couldn't function without them," Delaney said.

USU, Walter Reed Integrate Departments of Surgery



Photo by Bernard S. Little

Dean of the School of Medicine at the Uniformed Services University (USU) Dr. Arthur L. Kellermann and Walter Reed National Military Medical Center (WRNMMC) Director Maj. Gen. (Dr.) Jeffrey B. Clark sign a memorandum July 23 at WRNMMC integrating their respective departments of surgery.

By Bernard S. Little
WRNMMC Public Affairs staff writer

Walter Reed National Military Medical Center (WRNMMC) Director Maj. Gen. (Dr.) Jeffrey B. Clark and Uniformed Services University of the Health Sciences (USU) Dean of the School of Medicine Dr. Arthur L. Kellermann signed a memorandum July 23 at WRNMMC integrating their respective departments of surgery, establishing the USU Walter Reed Surgery Department.

"This new alignment provides a unique opportunity for advancing the

National Capital Region as an Academic Health System...[The USU Walter Reed Surgery Department] will harness the immense resources available at WRNMMC and USU to accomplish the mission of outstanding clinical care, excellence in education and exceptional research," the memorandum states.

"I think this is very exciting [and] where we need to go," Clark said. He explained the integration as part of a unity of effort initiative with the goal of having USU and WRNMMC "function as one as opposed to several entities. USU "We have made huge strides in a variety of areas,"

the general added. He pointed out the alignment the John P. Murtha Cancer Center (MCC) at WRNMMC has with USU and the National Institutes of Health's National Cancer Institute.

Air Force Col. (Dr.) Jeffrey A. Bailey, WRNMMC's director of surgery, added that unity of effort also exists between WRNMMC and USU in research, cancer, pathology, brain injury, library science simulation, leadership and readiness initiatives. There are also integrated pathology efforts between USU, WRNMMC and the Joint Pathology Center.

"I would submit the destiny of the military

health system depends on how well we work together, and what we accomplish together," Kellermann said. "The creation of this joint department [and] the unity that it represents is not an idle pact; it's fundamental to the future of military health, military surgery ... and our ability to do what we need to do going forward in a very uncertain and volatile world."

Kellermann called the USU Walter Reed Surgery Department "the point of the spear" for integration between the two organizations. "We recognize the power in this combination, [and]

See **SURGERY** page 6

interACT Sexual Assault Awareness Training Brings Audience on Stage

By Andrew Damstedt
NSAB Public Affairs
staff writer

"No one will believe you."

"It's all your fault."

Audience members were asked to portray those reasons why sexual assault victims don't come forward as part of interACT's sexual assault awareness training performance at Naval Support Activity Bethesda (NSAB) in Walter Reed National Military Medical Center's (WRNMMC) Memorial Auditorium.

Audience members joined actors on stage as part of the performance aimed at teaching how to positively communicate with someone who's been sexually assaulted. After portraying those negative voices, the audience was asked how one could better communicate with someone who has been a victim of sexual assault.

The performance troupe, based out of California State University, Long Beach, has been traveling to military bases since 2014, and brought their act to NSAB July 24. During the two performances, they acted out semi-scripted scenes on sexual assault, after which the audience was



Photo by Andrew Damstedt

Actors from performance troupe interACT engage with Kim Agnew, Naval Support Activity Bethesda sexual assault response coordinator, during a sexual assault awareness training session July 24.

asked to evaluate what each actor could've done better in each scenario. Then, some audience members got the chance to act out those better communication methods on stage.

"We've been on an arduous campaign to really educate our staff, our military and civilian person-

nel about sexual assault and how we respond to it," NSAB Commanding Officer Capt. Marvin L. Jones said. "If we don't address it, if we don't pay attention to it, if we shy away from it – it destroys our mission. It undermines us."

The Department of Defense's (DOD) Sexual As-

sault Prevention and Response (SAPR) 2014 annual report, found online at www.sapr.mil, showed some progress had been made within the military on getting victims to report sexual assault, but there was more work to do to eliminate the crime of sexual assault within the Armed Forces.

Service members can report a sexual assault as either unrestricted or restricted. An unrestricted report notifies the command and law enforcement as well as triggers health care and advocacy services for the victim. A restricted report remains confidential and lets a person access health care

and advocacy services without notifying the command or law enforcement.

The Navy had 991 unrestricted reports of sexual assault and received 400 restricted reports; of the 400 restricted reports, 106 were converted to unrestricted, according to the 2014 SAPR report.

On NSAB, resources for sexual assault victims include 40 trained victim advocates who are available to help connect a victim with resources to "start the process of healing," said Kim Agnew, NSAB Sexual Assault Response Coordinator (SARC). The installation's SAPR office provides continuous training throughout the year, she said.

"We go into commands for a more intimate training, where we go and sit down in a group setting and talk – have a conversation," Agnew said.

For more information on SAPR on base, the 24/7 Victim Advocate Hotline can be reached at 301-442-8225. The SARC duty phone is 301-442-2053. The DOD Safe Helpline is 1-877-995-5247. The WRNMMC SAPR Intranet is at www.wrnmmc.intranet.capped.mil/Programs/SAPR/default.aspx.

Off-Duty Hero: NMPDC Corpsman Utilizes Training to Save Life

By Cynthia Hilsinger
NMPDC Public
Affairs

It began on a routine commercial airline flight from Sacramento to Miami and ended with Hospital Corpsman Second Class Matthew Blake saving a life and earning a Navy Marine and Corps Achievement Medal.

Blake was asleep in his seat when he was awakened by the commotion in the seat behind him. Turning his attention, he saw a man in the throes of a seizure. Blake had experience and training in managing seizures as a corpsman with more than

6-years' experience, having just completed 3-years with the 2nd Marine Division as a Field Medical Technician before coming to Navy Medicine Professional Development Center (NMPDC) as the coordinator for the Clinic Management Course.

"Take your hand out of his mouth," said Blake to the seizing man's partner. "I knew right away, he was making that common mistake, in which first responders place their hand or [an] object in a patient's mouth in an attempt to stop them from biting or swallowing their tongue; this is a common misconception," he explained. "I recognized an

apparent "postictal state" [following a seizure] with an altered mental status, so I informed a responding flight attendant that this was an emergency," said Blake.

The airline's flight attendants made an announcement to the cabin asking for doctors, nurses, and emergency medical technicians (EMTs) on the flight to please assist. A doctor and a nurse on the flight came forward. I gave them my assessment. "The doctor asked me to take the man's vitals," said Blake. Afterwards the doctor deemed it necessary to administer intravenous fluids (IV) with certain IV and oral

medications.

"[The airline] has a 'crash cart' with [an] automatic external defibrillator on board, so we had many instruments and items at our disposal," said Blake. "I then started the IV fluids. The pilot asked about the patient's condition while the doctor conferred with the flight crew, who then ordered the plane down. The pilot then diverted the plane to El Paso, Texas.

"We wrapped him up and we escorted him and his partner off the plane," said Blake. "The doctor did an official turn-over to the El Paso paramedic



Photo by Cynthia Hilsinger

Hospital Corpsman 2nd Class Matthew Blake, attached to the Navy Medicine Professional Development Center, speaks in his role as the course coordinator for the Clinic Management Course.

See HERO page 6

NCR-MD Director Commends WRNMMC, Calls for Increased Access, Enrollment

By Bernard S. Little
WRNMMC Public
Affairs staff writer

While Walter Reed National Military Medical Center (WRNMMC) staff members have been working “extremely hard” providing “extraordinary” patient care, Rear Adm. (Dr.) Raquel C. Bono asked them to do even more to improve access and increase enrollment of beneficiaries in the Military Health System (MHS).

The director of the Defense Health Agency's National Capital Region Medical Directorate (NCR-MD), Bono hosted her quarterly town hall meeting at WRNMMC July 21 in Memorial Auditorium. WRNMMC falls under the NCR-MD, headquartered on Naval Support Activity Bethesda (NSAB).

“You have been working extremely, extremely hard, and it's not lost on me...or the people who matter the most [the WRNMMC beneficiaries],” Bono said. In addition to noting WRNMMC staff's accomplishments and positive patient satisfaction survey data, she also “pointed out areas [in which] we can make this even better for our patients.”

“One of the first things I wanted to be able to do in this market was to improve the patient experience through quality of care [as defined by our patients],” Bono said. She added WRNMMC and the NCR-MD are doing “very well” in a number of MHS Performance Dashboard areas, including inpatient satisfaction; mental health follow-up; prevention quality; private sector care cost per prime enrollee; and per member per month (PMPM), or the cost to take care of patients.

“We're not only delivering quality care, but we're doing it cost effectively,” Bono said.

Other areas that the NCR-MD and WRNMMC are doing well in are cancer screening, diabetes care, childbirths, total purchased care cost, total enrollment and pharmacy percent retail spending, according to the NCR-MD director.



U.S. Navy official photo

Rear Adm. Raquel C. Bono

The admiral said that while the region and WRNMMC are improving in satisfaction of beneficiaries with getting care when needed, she wants more focus on this area, as well as improvement in the area of beneficiaries' overall satisfaction with outpatient health care.

Following her briefing, Bono opened the floor to questions, most of which concerned case volume and resources.

Bono explained while it may be challenging to improve access and increase enrollment while maintaining the quality care WRNMMC is noted for, it can be done and is necessary for continued funding and continuance of the MHS.

The admiral said WRNMMC and NCR-MD staff members should encourage beneficiaries to enroll in Secure Messaging (SM), also known as RelayHealth, which provides patients a portal for personal health information. SM is a web-based service directly linking beneficiaries to their Medical Home Teams. The secure, efficient electronic communication service is a Health Insurance Portability and Accountability Act (HIPAA)-compliant communication system that can be accessed anywhere, anytime, allowing patients to re-

quest appointments, referrals, medication renewals, lab and test results, consult with their health care team, or schedule a virtual web “visit,” saving a trip for an appointment.

Beneficiaries interested in using SM should contact their primary care or specialty care clinic, or sign up at www.relayhealth.com.

In addition to Secure Messaging, Bono said staff should also make beneficiaries aware of the advantages of using the Nurse Advice Line, which is available 24 hours a day, seven days a week, for free medical information and advice for TRICARE beneficiaries. The NAL can be reached at 1-800-874-2273 (TRICARE), Option 1. Callers will be connected to a team of registered nurses who can answer a variety of urgent health care questions or help beneficiaries decide if they should see a health care provider.

“I really believe we're the ones who give our patients the best care,” Bono said. “It's not only that we're really well trained, but we really know what our patients need. There's a bond we have with our patients. Who understands our patients better than us? Who understands better what it's like to be a military person, or to have a family in the military, but us?”

We've got you covered for Memory Care, Senior Living, Nursing & Rehabilitation

HCR ManorCare offers a unique range of care in the Washington D.C. area under the Heartland, ManorCare and Arden Courts names.

By pooling our resources and expertise, we are able to provide carefully coordinated, individualized care options that maximize health, comfort, independence and dignity for our patients, residents and their families.

ManorCare 
Health Services

ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

**Adelphi • Bethesda • Chevy Chase • Hyattsville • Largo
Potomac • Silver Spring • Wheaton**
800.736.4427

Heartland 
Enriching life.

Provided at home, within an assisted living or skilled nursing center our hospice program includes comfort care, pain management and education for the patient and family, as well as psychosocial and spiritual support.

Baltimore 410.719.8670

Arden Courts 

Arden Courts were researched, designed and developed for persons living with Alzheimer's disease and other related dementias. We know, we understand, and we can help, because memory care is all we do.SM Memory care communities:

Annandale • Fair Oaks • Kensington • Potomac • Silver Spring
888.478.2410



HCR ManorCare 
Heartland • ManorCare • Arden Courts



Courtesy graphic

Computer rendering of a 650-space parking garage on the current H Lot parking area, construction for which will begin in August and is scheduled to be completed by late spring of 2016.

NSAB Announces Construction of New Parking Garage

By NSAB
Public Affairs

Naval Support Activity Bethesda (NSAB) leadership wants patients, staff and visitors to know about an upcoming construction project which will create more parking spaces on the installation. The construction of a 650-space parking garage on the current H Lot parking area (between the Child Development Center (CDC) and the

Navy Lodge, on Stokes Road) will begin in August and is scheduled to be completed by late spring of 2016. Base officials said there will be minimal impact to traffic during the project. “This work won’t stop daily operations or traffic,” said Ensign Quintrell Mazant, NAVFAC Washington’s construction manager for the project. “This includes the CDC, the Navy Lodge, and the Bowling Center. Traffic may slow down a bit, but they will still be able to get out of the H Lot. Also, the presence of fences doesn’t mean that drivers can’t use the road, and signs will be posted to direct them around the job site.” According to NSAB Transportation Manager Ryan Emery, construction of the parking garage will also involve an increase in commercial trucks delivering building materials for the project to the installation during non-rush hours. He advised drivers and pedestrians to remain alert and aware of this increase in traffic during their daily routine. For more information or questions about the H Lot garage project, please contact Ryan Emery at 301-319-3818.

SURGERY

Continued from pg. 3

what we do is going to define the future of military health and military surgery in our readiness for future conflict, our capacity to innovate, the caliber of the education we provide, and most important of all, the care we give to patients everyday inside these walls which is projected throughout the country and throughout the world.” Navy Capt. (Dr.) Eric Elster, professor and chair of the Department of Surgery at USU and WRNMMC, said the goal of the USU Walter Reed Surgery Department is to “engender patient loyalty with trusted and accessible care. If we don’t get that right, we won’t succeed.” “[It will be incumbent] on us to provide access to patients who are in the National Capital Region, and potentially from around the world, who come here to get the quality care they deserve,” Bailey added. “It starts with us interfacing with our system, understanding the referrals and how to bring [beneficiaries] into our facilities.”

HERO

Continued from pg. 4

using the notes I wrote and I assisted with El Paso EMTs with transporting the patient to the hospital,” “As corpsmen, we are taught very early on in our career to assist whenever and wherever necessary,” said Blake. “I’d also like to add, I was simply doing what any other corpsman would have done in my situation. I’ve been very lucky to have highly-motivated doctors, Physician Assistants and Independent Duty Corpsman teach me over the years.” NMPDC provides vision, oversight, and execution for Navy Medicine’s continuum of learning, preparing personnel for increased responsibilities as military and professional leaders, and provides oversight for Navy Medicine staff education and training program functions. Its courses focus on the practice and business of military medicine. For more information about NMPDC, visit: <http://www.med.navy.mil/sites/nmpdc/Pages/index.aspx>

PICK UP AND GO— A GREAT LOAN AWAITS!

Set your sights on summer! We’re offering low loan rates to help fund your next adventure.

Rates as low as **1.49% APR!**¹

- > Easy application process and fast approvals
- > Low monthly payments
- > Flexible payment options

Refinance your current auto loan from another lender and get **\$100!**²

Get GOING >>|
WITH NAVY FEDERAL



**NAVY
FEDERAL**
Credit Union

1-888-842-6328 • navyfederal.org

Federally insured by NCUA. ¹Rates subject to change at any time and are based on creditworthiness, so your rate may differ. 1.49% rate available on 2014, 2015 and 2016 model years—models with 30,000 miles or less. Rate discounts can be applied, but cannot cause the rate to fall below the 1.49% APR minimum. Payment example: Loan amount of \$20,000 at a rate of 1.49% APR for 36 months would have a monthly payment of \$569.00. ²Existing Navy Federal loans are not eligible for this offer. You must make your first scheduled payment in order to receive the offer. \$100 will be credited to the primary applicant’s savings account between 61 and 65 days of the loan origination date. If the auto refinance loan is closed in the first 60 days, the \$100 offer will become invalid. Offer may end at any time. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive. © 2015 Navy Federal NFCU 13319 (6-15)





Classifieds

Call **301-670-2503**

Apartments

CLINTON -2 Bdrm, 1 Ba efficiency w/ full kitchen, private entrance, 3 miles to AAFB, \$800/mo. All utilities & cable included, Avail. 8/1. Call 202-550-7606.

Merchandise Sales

FURN: 2 Curio Cabinets, Entertainment Cntr w/ glass cabinet, new cedar planter, Fax/Printing Machine, and studio couch. Call 301-977-9078

Reach military and
their families
in Maryland, Virginia
and Washington DC.

301.670.2503
TO PLACE YOUR AD!

Let us help you find the right candidate, recruiting can be simple!
Maryland, Virginia, Washington DC, we have you covered!

Call us today 301.670.2500



7 Months Deployed

5 Years Active Duty

6 Triathlons

1 English Bulldog

POLICY# 9576413321

3 Kids

3 Cars

2 Auto Claims

1 Home Claim

Member: **Chris Gramiccioni**
U.S. Navy Reserve

To us, it's what's behind the number that matters.

Your family, home and car — we help protect what matters to you. At USAA, we provide military members, veterans and their families with an unrivaled level of service. It's why 92% of our members plan to stay for life.¹ USAA. We know what it means to serve.

★ **GET A QUOTE.** usaa.com/insurance or 800-531-USAA (8722)

¹Based on 2014 Member Communications Trend Survey. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products, or legal or ownership rights in USAA. Membership eligibility and product restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, and USAA Ltd. (Europe), San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. Members were compensated for their participation. © 2015 USAA. 220176-0715

Beautiful & Affordable Apartments ALL Utilities Included! Just Minutes From Walter Reed!



Military Benefits Package:

- NO Application Fee!
- NO Credit Check!
- NO Security Deposit!

**All Active &
Retired Military
Members Receive
\$100 Off Rent
Per Month!**



Call Now For A Tour & Availability

301.949.1215

10225 Frederick Ave.,
Kensington, MD 20895

1051504

SECURITY OFFICERS

Arlington, Herndon, Manassas & Springfield, VA

IMMEDIATE OPENINGS:

- Unarmed Security Officers with **DoD Secret & TS SECURITY CLEARANCE**. FT & PT weekend positions. Prior security, military or law enforcement is preferable.
- Unarmed Security Officers for FT & PT weekend positions. Prior experience is desirable.

FOR EMPLOYMENT one must be a US citizen, English proficient w/ good computer skills, 21 years or older w/ HS diploma/GED & drug free with no criminal record. **WE PROVIDE** weekly pay, health benefit options, matching 401k, tuition reimbursement and uniforms.

APPLY IN PERSON - NO PHONE CALLS

Mon-Thurs, 10am-4pm

Guardsmark, LLC

14120 Parke-Long Ct. #201, Chantilly, VA 20151

VA Lic 11-1195 / EOE

1034729

Visit Us Online www.dcmilitary.com



Mercedes-Benz

DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



2014 Mercedes-Benz CLA-Class
Starting at \$29,900



2014 Mercedes-Benz ML 350 Sport Utility

EuroMotorcars
BETHESDA

EuroMotorcars Bethesda
Randy Merry and Jim Pratt, New Car Sales Managers
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers
888.250.2987
EuroBethesda.com
7020 Arlington Road, Bethesda, MD 20814

*See dealer for complete details. Photos used for advertising purposes only.

1051507